

## Yoga

Learn Yoga for a holistic approach to health and fitness. This beginning class explores various postures, using natural breath as a guide to greater ease and expression. The practice of yoga has been found to steady the mind, calm the emotions, and tone the body. This class covers the basic elements of yoga and includes stretching postures, breathing, meditation, flexibility, balance and relaxation. Classes are offered on various days of the week and at different time intervals to accommodate every schedule. You may attend as many classes as you wish each week.

June 30 - Aug 4

Any or all of the following times:

Mon 9-10:20am

Tues. 5:30-6:50pm

Thurs. 7-8:20pm

Sat. 10:30-11:50am

\$69 Class Fee

## Tai Chi

Tai Chi Chuan, the complete and authentic presentation, is an effective way to improve health, develop and enhance your sense of self-awareness, confidence, and inner strength. Tai Chi Chuan is a gentle martial art that integrates mind, body and spirit through a holistic system of physical training and meditation. An excellent skill developing class.

Class dates and Times TBA

\$40 Class fee

## Tae Kwon Do

Tae Kwon Do is the national martial art of Korea and is currently practiced and respected by many individuals worldwide. A very practical and expedient martial arts class for participants 13+ years. The art of Tae Kwon Do stresses inner self-discipline, respect, mental conditioning, concentration, classic forms, and physical development. This is a great class for stress relief, relaxation and overall fitness of the mind and the body. End you day with a positive experience.

Tues. July 8, 15, 22

7:30 - 8:30pm

\$20 class fee

## Effective Public Speaking

Speaking in public or in any size organized group can often be intimidating and nerve racking. The reality of public speaking can give anybody a case of stage fright. Learn the skills needed to deliver an effective speech, presentation, proposal or brief in a business or group gathering. Polish your delivery skills and get the edge on the competition. Learn to compose yourself and get your point across to you intended audience. A must for everyone in the business world.

Tues. June 10, 17, 24

6-8pm

\$25 class fee

## Self Defense For Women

A safety structured course designed especially for women. This SHARP curriculum ( Sexual Harassment and Rape Prevention) will cover situation awareness and prevention, dealing with inappropriate behaviors, and aggressive assault defense. Learn how to identify and avoid those areas of potential danger. Self defense techniques could save your life !

Tues. July 8, 15, 22, 29

6:30-7:30pm

\$20 class fee

## American Sign Language

The use of sign language allows for complete communication within the world of the hearing impaired. This course is designed to help you learn signing and communication techniques. Gain insight into the constant daily constraints of deafness and the difficulties of functioning in a silent world. Class participants will learn the basic signing skills through student participation, class interaction, and instructor demonstrations.

T/Th, June 10 - July 17

6:30-8:30pm

\$45 class fee

## Spanish I

The most practical of all foreign languages for anyone living close to the border. Class will focus on communication, conversation, class dialogue, grammar, vocabulary, and proper pronunciation of the Spanish language. This course is designed with the beginner in mind or for those individuals who have not had any recent Spanish language class.

Session A M/W, June 9 - July 16  
6:30-8pm

Session B T/Th, June 24 - Aug 5  
6:30-8pm

\$45 class fee

## Spanish II

A continuation of beginning Spanish with even more emphasis given to pronunciation, vocabulary and expression. This is an opportunity to take your language adventure one step further and polish your newly acquired skills.

M/W, July 21 - Aug 13

6:30-8pm

\$35 class fee

## English as a 2nd Language (ESL)

A course designed for those whose native language is **not** English. An ESL and American culture class for nonnative speakers, international students and visitors to this country. This course consists of reading, listening, vocabulary, grammar and pronunciation of the English language. The class is taught through role-play, conversation, class interaction and vocal practice. 2 sections.

Section A M/W, June 2 - July 2  
6:30-8pm

Section B M/W, July 7 - Aug 13  
6:30-8pm

\$45 class fee

## German

A firsthand introduction to the grammar and pronunciation of the German language. This course will emphasize individual work on pronunciation, basic grammar, conversation, and cross cultural information.

M/W, June 23 - July 30

6:30-8pm

\$45 class fee